



The hashtag #TogetherWeCan, inspired by the official theme of World Suicide Prevention Day 2018, will be conveyed through various messages from the NRBHSS, in the goal of rallying Nunavimmiut around the importance of working together for better prevention efforts.

Remember, crisis lines are available for those in need:

- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English);
- NRBHSS Department of Inuit Values and Practices (9 to 5): 1 877-686-2845 (Inuktitut / English);
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (English / French);
- Kids Help Phone: 1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (English / French);
- CLSCs of Nunavik: 819-XXX-9090.

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire Québec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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